



Breakout Session Guide

Use this guide to review continuing education credits and select breakout sessions.

Continuing Education: Professional Acronyms

CNE: Nursing Continuing Education

ALF	Assisted Living Facility Manager	O	Long-Term Care Ombudsman
CNA	Certified Nursing Assistant	MFT	Marriage and Family Therapist
DAHS	Day Activity & Health Services Manager	NFAD	Nursing Facility Activity Director
G	Guardian	OT	Occupational Therapist (pending)
HH	Home Health Manager	PAS	Personal Assistant Services
Ho	Hospice Manager	PT	Physical Therapist (pending)
PAS	Personal Assistant Services	PTA	Physical Therapy Assistant (pending)
LNFA	Licensed Nursing Facility Administrator (pending)	RD	Registered Dietician
LP	Licensed Psychologist	SW	Social Work
LPC	Licensed Professional Counselor		

August 31

10 – 11 a.m.

1 – 2 p.m.

September 1

9 – 10 a.m.

1:30 – 2:30 p.m.

Live Keynotes

Reimagining Dementia by Susan Wehry, M.D.

The Secret Sauce – Thriving in Times of Change by Meg Soper, RN

All Hands, All Hearts, All in! by Christopher Ridenhour, B.A.

Resident-Driven Memory Care Communities: A Model for Person-Centered Care by Cameron J. Camp, Ph.D.

LIVE Keynote Address

Reimagining Dementia

Susan Wehry, MD

This presentation explores the social model of disability. This model examines barriers, prejudices, and other stigmas that prevent people with disabilities from attaining their full functionality. People living with dementia experience their disability as a progressive disorder and can face stigma and lack of understanding from care providers. This presentation explores barriers and how reasonable adjustments to care can be made to assist the person living with dementia navigate the healthcare system to achieve full potential. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD O, OT, PAS, RD,)

The Secret Sauce: Thriving in Times of Change

Meg Soper, RN

Now more than ever, we need a reason to laugh! In her dynamic and engaging style, Meg will share her ideas on how we can use humor, passion, and resilience to find balance during uncertain times. Using experiences from her career as an O.R. nurse, and now as a thought leader on mindfulness and resilience, Meg will demonstrate how choosing to shift our perspective and considering techniques, we can be more effective in our roles while building healthier and stronger relationships with ourselves, the people we work with and those who we serve. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, RD, SW,)

All Hands, All Hearts, All In!

Christopher W. Ridenhour, BA

This presentation identifies the characteristics of an inclusive and dynamic work culture. Participants will be able to assess their own professional environments for the hallmarks of a workplace culture that is defined by positive and open communication and psychological safety. Participants will be provided with strategies to leverage positive emotions and actions that increase positive engagement and buy-in from patients, peers, direct reports, and other members of the work community. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

Resident-Driven Memory Care Communities: A Model for Person-Centered Care

Cameron J. Camp, PhD

Long-term care facilities are acutely aware of the need for residents with cognitive disabilities affecting memory to be able to achieve their highest levels of functioning and of self. Recognizing that locked units are not always the appropriate residence for these persons, specialized units that promote individual autonomy produce a more positive quality of life. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, MFT, LP, LPC, LNFA, NFAD, O, OT, PAS, PT, RD, SW)

BEHAVIORS

TRACKS

Assessing and Managing Challenging Behavioral Symptoms in Persons Living with Dementia and Those with Developmental Disabilities

Abraham Brody, PhD, RN, FAAN

This presentation discusses the presence, etiology, and effects of behavioral and psychological symptoms (BPSD) on persons living with dementia and how these behaviors affect care providers. The PIECES algorithm is introduced as a tool that assists the interdisciplinary care team to plan and provide care that addresses the intersection of dementia with behavioral issues that can interfere with treatment. Pharmacological and non-pharmacological interventions to address behavioral issues in persons living with dementia are discussed. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, LP, NFAD, O, OT, PAS, PT)

Behavioral Health Basics and Practical Strategies You Can Use

Bryna Joy Fumer, LMSW

Cynthia Sierra, LPC

Long-term care residents/patients often have secondary behavioral health diagnoses including depression and anxiety. These illnesses can potentially impact treatment. This presentation will explore the etiologies, signs, symptoms and treatments for the most common behavioral health illnesses found in long-term care patients and discuss approaches to care and communication to promote psychosocial well-being. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, LP, LPC, NFAD, O, OT, PAS, SW,)

LEADERSHIP

TRACKS

Applying Montessori-based Principles for Leadership Development and Staff Engagement in Care Communities

Gary Johnson, BA, MSW

The principles of Montessori can be aptly applied to leadership. The goal of Montessori application is to enhance and improve leader engagement with their role and with staff members. By increasing leader-staff interaction, a higher level of staff – patient interaction can also result. Productivity of staff can improve, and turnover can be decreased. This presentation will review the tenets of the Montessori platform and provide the participant with methods by which to apply the principles. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

Better Together: Personality Styles in the Workplace

Meg Soper, RN

Each workplace brings together a myriad of staff from different backgrounds and culture holding varying values and beliefs. Striving to create a cohesive team from such a group can be challenging. In this presentation, the DISC model of personalities is defined as a wellness model that is objective and descriptive without the judgements often found in other personality style models. By understanding and applying the principles of the DISC model, nursing leaders can better handle conflict resolution, build team communications, and encourage staff to develop enhanced hearing, listening and understanding skills. (1.5 CNEs)

TRACKS

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, OT, PT, PAS, RD, SW)

Embracing Culture Change Practices that Drive Positive Outcomes

Rose M. Saenz, LVN, CALM, LNFA, MBA

Charles Borst, LNFA, CDP, CP, CADDCT, CALM

This presentation defines the term "Culture Change" and relates best practices that place the long-term care resident at the center of care. Various approaches to culture change will be discussed and outcomes to these practices reviewed. The role of the Interdisciplinary Care Team in designing and implementing culture change best practices is emphasized. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PT, PAS, RD, SW)

Emotional Intelligence for Caregivers

Greg Brannan, BS

This presentation provides an overview of the definition and benefits of emotional intelligence and the importance of developing emotional self-management skills. An insightful look at emotional triggers and tendencies to overreact emotionally while interacting with others will be provided. Strategies for rational responding rather than reacting when communicating with patients, colleagues, etc. will be presented.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, MFT, NFAD, O, OT, PAS, PT, RD, SW)

Introduction to Motivational Interviewing

Dave Roberts, PhD

Candace Wright, MSW

Motivational interviewing is a communication approach that attempts to move a person away from ambivalent feelings or indecision into positive, decision-making mode. This can be especially helpful when working with patients/clients with a need to change behaviors. This presentation will demonstrate and discuss approaches used in motivational interviewing: open-ended questions, reflections, elicit provide elicit, and rolling with resistance. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, LP, NFAD, O, OT, PAS, PT, RD, SW)

OK, I'm Fried, Now What? The Science and Practice of Stress Resilience

Mojgan Jahan, Psy.D.

This presentation delves into stress and the stress response and how stress tolerance can decrease with frequent stress-related episodes. Stress resilience, or the ability to respond in more positive ways to stress-related events is discussed. Strategies to improve problem-solving skills and personal responses to stress are provided.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, LP, LPC, NFAD, O, OT, PAS, PT, RD)

Preventing and Overcoming Burnout in Long-Term Care

Greg Brannan, BS

The participant will explore the six most common causes of burnout and the impact that burnout can have on one's emotional and physical health, attitudes, relationships, and productivity. Principles of emotional intelligence will be introduced to demonstrate ways in which burnout can be avoided. Stress management and time management strategies are presented to provide the healthcare provider with the tools required to avoid burnout situations. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

TRACKS

Retention 911: Reviving, Inspiring, Engaging, and Retaining!

Christopher Ridenhour, BA

Turnover rates in Texas nursing facilities hover in the high 90's for CNA's and RN's. Research has long recognized that a stable workforce within a facility most often yields a higher quality of care. With emphasis being placed on person-centered care and consistent assignments, retaining experienced staff is more important than ever. This presentation discusses ways in which the organizational culture influences turn-over and provides strategies to help organizations create a workplace conducive to retention. (1.5 CNEs)

(1.5 ALF, DAHS, Ethics, G, HH, Ho, LNFA, O, OT, PAS, PT, RD)

Workshop in Best Practices in Bereavement Care for Residents and Families

Toni Miles, MD, PhD

Based on CMS funded materials, this presentation will focus on best practices in bereavement care for the resident and the family. Residents and families experience a variety of emotions during the resident's dying process and this presentation will address strategies the healthcare provider can employ to make this period meaningful while providing quality end of life care. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LPC, LNFA, MFT, NFAD, PAS, O)

MENTAL HEALTH/IDD

TRACKS

Older Adults Diagnosed with Schizophrenia: What Can We Do as Researchers to Assist Those with Unique Syndromes

Veronica Garcia Walker, BSN, MSN, PhD

While many people develop Schizophrenia at a young age, a segment of the population has been found to develop Schizophrenia at ages greater than 65 years. This population presents with some unique syndromes: primarily female, displaying paranoid ideations, found to have brain structure abnormalities, impairment of neuropsychological functioning, demonstration of progressive cognitive deterioration, and a higher risk for tardive dyskinesia. Typical pharmacological treatment can be more problematic with this population due to the increase in adverse effects suffered by the older person with Schizophrenia. This presentation will describe this population and describe best practice interventions that are currently in place while outlining important topics for future research practice.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, PAS, O)

NURSING

TRACKS

Caring for Patients on Hemodialysis and Peritoneal Dialysis: A Unique Opportunity

Ann Horigan, PhD, RN

People with chronic illnesses are living longer and some require specialized interventions. Patients who require either hemodialysis or peritoneal dialysis are often found in the nursing facility and although the dialysis treatment takes place outside of the facility, the assessment of patients must be undertaken by nursing facility staff. Having a thorough understanding of the kidney and its important functions and

TRACKS

understanding the assessment parameters is important for staff. This presentation will explore kidney functioning, assessment parameters, interventions for chronic kidney failure and kidney failure and dialysis. (1.5 CNEs)
(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, PAS, RD)

Oxygen Delivery and Care for the Long-Term Patient

Ann Horigan, PhD, RN

Patients entering the nursing facility are presenting with increasingly more complex medical issues and oxygen therapy is frequently an important consideration of treatment. In this presentation, the types and delivery methods of oxygen are discussed with precautions emphasized. Trach care and suction are presented and demonstrated. The patient requiring ventilation will be examined and care strategies explained. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, PAS)

Review of Nursing Practice: Minor Incidents and Nursing Peer Review

Denise Benbow, MSN, RN, FRE

Ensuring that RN's practice within the boundaries and regulations of the Texas Nurse Practice Act is important to the maintenance of a license in good standing. This presentation defines minor incidents that may occur in the RN's practice and provides insight into common reasons these incidents occur. The presentation also covers reportable vs. nonreportable events and provides an in-depth overview of the Nursing Peer Review provision of the Nurse Practice Act. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, PAS)

Safe Harbor Nursing Peer Review

Heather Franz, MSN, APRN, AGCNS-BC

This presentation provides a in-depth overview of the Texas Nurse Practice Act with emphasis on Safe Harbor and Nursing Peer Review. Included is a discussion of Safe Harbor inclusions and exclusions, and how the Nursing Peer Review Process takes place. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, PAS)

NUTRITION

TRACKS

COVID-19 Considerations for Optimizing Nutrition in Dementia using Supportive Handfeeding for Families/Staff

Melissa Batchelor, PhD, RN-BC, FNP-BC, FGSA, FAAN

COVID-19 has presented nursing facilities with multiple challenges. One of these challenges is ensuring that residents, required to social distance, maintain adequate nutritional status. This presentation provides the learner with an overview of challenges in feeding the resident with dementia, particularly with the restrictions presented by COVID-19. Three approaches to hand-feeding (direct, over-hand, and under-hand) are demonstrated and when to use each are discussed. Using resident behaviors during mealtimes to enhance communication is also strategized. Preventing the resident's social isolation is highlighted as well as infection control considerations that staff must include to maintain safe mealtimes. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, OT, RD)

Select one track

Person-Centered Care

TRACKS

Creating Effective Person-Centered Care Plans Using the DICE Method

Ann Marie Kolanowski, PhD, RN, FAAN

The use of the DICE approach to interdisciplinary care planning for long-term care patients helps to focus the team on physical, psychosocial, and cultural needs. With DICE, the team describes, investigates, creates, and evaluates. This presentation reviews each aspect of DICE and provides multiple case study scenarios to assist the participant in application of the process. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, LP, NFAD, O, OT, PAS, PT, RD, SW)

Empathy and Effective Virtual Engagement

Veronica Cool, BSBA, MSF

The recent COVID-19 epidemic has created a need to increase the use of telemedicine as a means of providing care. Additionally, other forms of technology are also increasing in use. Some populations, including the Hispanic and non-English speaking demographic, are uncertain of how to access and use this form of healthcare. This presentation provides the learner with strategies to increase participation while simultaneously building relationships and trust through virtual environments.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, RD)

Sensory Needs of People with Alzheimer's Disease and Related Dementias

Annette Juba, LCSW, AGE of Central Texas

Research has demonstrated that people with dual sensory impairments are 90% more likely to develop dementia than those without sensory impairments. The importance of sensory stimulation is further underscored when considering that people living with dementia can easily become bored, unhappy, isolated, agitated and suffer from emotional distress until the need for sensory stimulation is met. This presentation will explore the relationship between sensory loss and ADRD. Best practice approaches and resources will be presented to assist the participant in selecting and providing sensory stimulation as a non-pharmacological approach to caring for the resident living with ADRD. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, HCSSA, LNFA, NFAD, O, OT, TG)

The Many Ways in Which Dementia Can Present

Sudha Seshadri, MD, Neurology Department, University of Texas San Antonio

Alicia Parker, MD

This presentation will review the multiple ways in which dementia may present including manifestations that impact: memory, language and communication, visuospatial function, motor function, behavior, social cognition, and executive function. The use of phenotyping, genetics, and biomarkers to aid in early diagnosis are also reviewed and current research findings introduced. The presentation will also examine best practice management approaches to caring for the person living with dementia. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, OT, PAS, RD)

The State of Hispanics and Immigrants

Veronica Cool, BSBA, MSF

The changing demographics of Texas and the surrounding region presents the health care provider with new challenges. Many of the new immigrants to Texas are Hispanic

TRACKS

and may present with cultural values and beliefs that are different than those of the care provider. Understanding how the Hispanic person, and other immigrants, view health and healthcare is an important first step in providing individualized, person-centered care. (1.5 CNEs)

(1.5 ALF, CNA, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

Understand the Limitations in Current Dementia Diagnosis and Treatment while Exploring Effective Counseling and Care Delivery Strategies

Alyssa Aguirre, LCSW

This presentation discusses the presence, etiology, and effects of behavioral and psychological symptoms (BPSD) on persons living with dementia and how these behaviors affect care providers. The PIECES algorithm is introduced as a tool that assists the interdisciplinary care team to plan and provide care that addresses the intersection of dementia with behavioral issues that can interfere with treatment. Pharmacological and non-pharmacological interventions to address behavioral issues in persons living with dementia are discussed. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, SW)

Veterans Medical and Mental Health Care Leave

Monica Jackson, MS

A state employee may be granted paid time off without a deduction in salary to obtain medical or mental health care administered by the Veterans Health Administration of the U.S. Department of Veterans Affairs. This webinar provides insight on the policies and procedures Texas HHS follows to support this state law and veteran employees of the agency.

QUALITY OF CARE

TRACKS

Delirium Superimposed on Dementia

Ann Marie Kolanowski, PhD, RN, FAAN

In this presentation, an overview of delirium and of dementia is presented. The combination of symptomology that supports a diagnosis of delirium superimposed is explored and assessment skills emphasized. Because delirium is a medical emergency, it is important that all healthcare providers have the necessary knowledge and skill to accurately assess individuals with dementia that may also have overlying symptoms of delirium. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT)

Effective Communication with Persons Living with Dementia and Those with Developmental Disabilities

Abraham Brody, PhD, RN, FAAN

Multiple persons in long-term care either suffer from dementia related illnesses or have intellectual disabilities. Recognizing how these illnesses impact a person's individual personhood and ability to actively work through the rehab process is important if success is to be achieved. This presentation discusses approaches to communication that recognizes the individual's needs and abilities (comfort, attachment, inclusion, occupation, and identity). The impact of the environment on communication is also investigated. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

TRACKS

Is It Time for Secure Units to Go the Way of the Posey?

Susan Wehry, MD

This presentation explores the social model of disability. This model examines barriers, prejudices, and other stigmas that prevent people with disabilities from attaining their full functionality. People living with dementia experience their disability as a progressive disorder and can face stigma and lack of understanding from care providers. This presentation explores barriers and how reasonable adjustments to care can be made to assist the person living with dementia navigate the healthcare system to achieve full potential. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, SW)

Infection Prevention and Control in Long-Term Care: COVID-19 and Beyond

Kerry Flint, PhD, MSN, RN, CIC

Michael Brown, BSN

Infection Control and Prevention are always important, however, the presence of the Covid-19 virus has prompted nursing facilities to implement a variety of infection control procedures not previously in place. This presentation will review the current recommendations of the CDC, the Texas Health and Human Services, and the Texas Department of State Health Services. In addition, the presentation will discuss implications associated with considerations for infection control prevention going forward. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

Learning Skills Together: A Theory-based Intervention to Teach Family Caregivers to Conduct Complex Care Tasks

Carol White, PhD, RN

Kylie Meyer, PhD

Patricia Prado, OTD Student

Family caregivers take on over 80% of the care for their family members, often learning by trial and error. This presentation will highlight the need for an evidence-based program that teaches family caregivers to perform complex care tasks. We will present the underlying theory to support the development of the Learning Skills Together program. We will demonstrate the application of theory in the home safety module of the Learning Skills Together intervention. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, LP, LPC, MFT, OT, PAS, SW)

Managing Pain in Older Adults in an Age of Opioid and Heroin Abuse

Abraham Brody, PhD, RN, FAAN

This session is geared towards helping participants to understand both the background of the opioid epidemic, effective pain management strategies, and methods for reducing the risk of misuse or diversion of opioids in older adults with pain. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, PAS)

Pandemic Update: Epidemiology, Vulnerable Populations, Prevention, Diagnosis and Treatment

Carlos Roberto Jaén, MD, PhD, FAAFP

With the Covid-19 epidemic foremost in the mind of nurses throughout the region, this presentation will provide the learner with the latest updates on effective prevention and control best practices. Populations that are specifically at risk, including the elderly and those with co-morbid disorders as well as those in the African-American community will be analyzed. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, RD)

TRACKS

Safe/Unsafe Leaving: A New Look at the Old Problem of Elopement

Susan Wehry, MD

Because the nursing facility is a “home”, many of the residents have the ability to safely leave the facility for outside activities without staff accompanying them. Others do not have either the physical or the mental ability to safely leave (or both). This presentation presents practices that nursing facilities can adopt to promote safety for both groups. Specific assessment parameters and risk assessment tools will be discussed and how to use the root cause analysis if elopement occurs will be highlighted. The goal of this presentation is to provide the nursing facility with strategies to promote safe leaving and prevent unsafe leaving. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, PAS)

The Palliative Care in Post-Acute and Long-Term Care

Neela Patel, MD

The provision of palliative care is a critically important role in post-acute and long-term care. This presentation will define the role and scope of palliative care and discuss the important role of interdisciplinary care planning that is case-based. Noting the importance of a well-trained and competent staff prepared to deliver palliative care in a quality manner, strategies for staff training will be provided. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, PAS, RD, SW)

Transferring from Long-Term Care with Quality, Knowledge, Grace, and Care

Ellen Martin, PhD, RN, CPHQ, CPPS

There are multiple types of care transition that may occur in the long-term care setting. Each of these transitions has the potential to put the patient at risk. This presentation will review the principles of TeamSTEPPS, a formal program to promote improved communication amongst health care providers. The role of structured communication, situational awareness, and mutual support will be presented as critical strategies. The relationship between caring and a safety culture will also be explored, and the participant provided with strategies for improvement. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, PAS)

Workshop in Best Practices in Bereavement Care for Staff

Toni Miles, MD, PhD

Based on Centers for Medicare & Medicaid Services (CMS) funded materials, this presentation will present best practice strategies for the care of staff experiencing bereavement related to loss of residents. With the promotion of consistent assignment, nursing facility staff are building deep and personal relationships with residents and family. This can create a profound sense of loss when these relationships end with the death of the resident. Emphasis in bereavement care generally addresses interventions for the resident. This presentation will focus on the needs of the care provider and provide best practice approaches to meeting physical and mental needs of care providers. The presenter will review various best practice approaches to providing and receiving care as well as ensuring staff receive adequate and comprehensive training to provide individualized bereavement support. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, LPC, MFT, NFAD, O, PAS)

QUALITY OF LIFE

TRACKS

Resources for Promoting Spiritual Health in Long-Term Care and at End-of-Life

Carole Gaskamp, PhD, MA, BSN, RN

In this presentation, the concept of positive psychology and second-wave psychology are described and connected to concepts of spirituality. Concepts of compassion, presence, and healing relationships are represented as powerful components of spiritual health. Strategies to assist patients to realize their need for integrity, legacy, and meaningful relationships will be reviewed and important resources and actions offered. (1.5 CNEs)

(1.5 ALF, DAHS, Ethics, G, LP, LPC, MFT, OT, SW)

Music, Memory, and the Brain

Therese Palombi, Music and Memory Project Manager, Texas HHS

CMS mandated that states utilize best practice approaches to reduce the use of antipsychotics to control behaviors in residents of nursing facilities with dementia. Texas HHS initiated a Music and Memory program, utilizing best practice approaches, as a non-pharmacological alternative form of therapy. This presentation will review current research studies on the effects of music on brain chemistry and will review the steady reduction of antipsychotic usage in nursing facilities because of music interventions. The program will be reviewed, and non-participants will be able to learn how to access the program. (1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, OT, PAS, SW)

Social Determinants of Health in People Aging with Disabilities and Complex Multiple Morbidity

Whitney Thurman, PhD, MSN, BA

Patricia (Patty) Bordie, MPA

Social determinants of health play an important role in how health is perceived by the aging and disabled. This presentation defines social determinants of health and provides case scenarios of how these determinants impact access and reception to care. Social determinants can either hinder or facilitate optimal health well-being.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, Ethics, G, HH, Ho, LNFA, NFAD, O, OT, PAS, PT, SW, RD)

Understanding and Appreciating the Complex Place Music holds in the Everyday Life of the Person Receiving Long-Term Care.

Joseph Kotarba, PhD

This presentation explores the various ways nursing facility residents and patients use music to communicate with each other, staff, family, and others, especially when communication is problematic. Of interest to the Physical Therapist is ways in which music can work to increase levels of activity and exercise in long-term care residents.

(1.5 CNEs)

(1.5 ALF, CNA, DAHS, G, HH, Ho, LNFA, NFAD, O, OT, PAS, SW)



This activity has been submitted to Louisiana State Nurses Association for approval to award contact hours. Louisiana State Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.